



Capital Region Caregiver
Coalition proudly presents

***Tools for Caregivers:
Resources You Can Use When
a Senior Relies on You***

RESOURCE GUIDE

A listing of vendors who participated in today's event

Visit us at www.capitalregioncaregiver.com
and Like us on Facebook!
www.facebook.com/capitalregioncaregivercoalition

HVCC
April 6, 2019



*The mission of the Capital Region Caregiver Coalition is to
promote community awareness, sensitivity to, and action
around delivery of care to seniors.*

Agency contact information

Albany County Dep't of Social Services—NY Connects www.albanycounty.com/About/NYConnects.aspx	518-447-7177
Albany Guardian Society www.albanyguardiansociety.org	518-434-2140
Alzheimer's Assoc. NENY www.alz.org/northeasternny/	800-272-3900
Catholic Charities Senior and Caregiver Support Services www.ccseniorservices.org/	518-346-1852
CDPHP Medicare Sales https://www.cdphp.com/medicare	518-641-3931
Center of Excellence for Alzheimer's Disease at Albany Medical Center www.amc.edu/alzheimers	518-262-0800

Notes From My Day

Agency contact information (con't.)

Choice Connections: A Senior Housing Advisory Service http://choiceconnectionsny.com/	518-894-2443
ClearCaptions: Caption Telephone Provider www.clearcaptions.com	315-800-9311
Community Hospice www.communityhospice.org	518-724-0242
Consumer Directed Choices https://cdchoices.org	518-464-0810
Daughter For Hire www.daughter-for-hire.com	518-725-2955
Eddy Alzheimer's Services www.sphp.com/alzcare	518-238-4164

Help Us Reach Caregivers!

The Capital Region Caregiver Coalition is always looking for opportunities to reach out to the community. If you would like our members to come do an educational presentation, host a health or informational fair, or otherwise assist please email us at:

info@capitalregioncaregiver.com

Agency contact information (con't.)

Eddy DayBreak Adult Day Services www.sphp.com/adult-day-services-cc	518-729-6523
Eddy Health Alert www.sphp.com/personal-emergency-response-systems	518-833-1040
Eddy Senior Living www.eddyseniorliving.com	518-280-8385
Eddy VNR Home Care hwww.sphp.com/home-care-cc	518-274-6200
EPIC: Prescription Drug Program www.health.ny.gov/health_care/epic	800-332-3742
EverHome Care Advisors www.pierrolaw.com/everhome-care-advisors	844-633-3852
Equinox www.equinoxinc.org	518-432-7865

Caregiver's Bill of Rights

by Jo Horne : Author of Caregiving: Helping an Aging Loved One

I have the right: To take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.

I have the right: To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

I have the right: To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.

I have the right: To get angry, be depressed and express other difficult emotions occasionally.

I have the right: To reject any attempt by my loved one (either conscious or unconscious) to manipulate me through guilt, anger or depression.

I have the right: To receive consideration, affection, forgiveness and acceptance from my loved one for as long as I offer these qualities in return.

I have the right: To take pride in what I am accomplishing and to applaud the courage it sometimes takes to meet the needs of my loved one.

I have the right: To protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.

I have the right: To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.

Thanks to our sponsors:



Agency contact information (con't.)

Healing Touch: Connie Barber, RN, HT Practitioner, Level 3 www.healingtouchprogram.com Healing Touch: Mary Gillespie- Yalaju-Student Practitioner, Reiki Master	518-786- 1280
Interim HealthCare www.interimhealthcare.com	518-452- 3655
Herzog Law Firm www.herzoglaw.com	518-465- 7581
Kingsway Community www.kingswaycommunity.com	518-393- 8800
Lending Hands and Hearts: A Home Errand Service https://lendinghandandheart.com	518-852- 3335
Ludder Home https://ludderscountryhomes.com	518-334- 3616

Agency contact information (con't.)

Loudonville Assisted Living http://loudonvillealr.com/	518-463-4398
New England Nanny https://anewenglandnanny.com	518-348-0400
Northeastern Association of the Blind at Albany www.naba-vision.org	518-463-1211
NY Statewide Senior Action Council www.nysenior.org	518-436-1006
NYSARC Www.nysarctrustservices.org	518-439-8323
NYSRCRC-LifeSpan	
Organize Senior Moves www.organizeseniormoves.com	518-621-6568

Glossary (continued)

- **Geriatric care manager**— A service that assesses an person's medical and social services needs, and advises the person on appropriate services and providers.
- **Home health aide**—Can provide assistance with personal care including bathing, grooming and assistance with ambulation. Different levels of care can be provided within this classification.
- **Hospice**—A program that provides special care for people who are near the end of life and for their families. Hospice care can be provided at home, within a facility or in a hospital.
- **Long Term Care Ombudsman**—A program that receives, investigates and resolves complaints and concerns regarding skilled nursing facilities and long term care facilities such as adult homes.
- **Palliative Care**—Specialized care for people with serious illness, focused on relieving the symptoms and stress of serious illness while improving quality of life. It is provided by a team who works with a patient's other doctors to provide an extra layer of support. It is appropriate at any age, in any stage in a serious illness, and can be provided along with curative treatment.
- **PERS** (Personal Emergency Response System)—An electronic device designed to summon help in an emergency.
- **PRI** (Patient Review Instrument)—An assessment tool developed by NYS Department of Health to assess selected physical, medical and cognitive characteristics of nursing home residents, as well as to document selected services that they may receive.
- **Respite**—Temporary supportive care for caregivers who need relief, provided in a variety of settings.

Glossary

- **ADL's** (Activities of daily living)—Functions that a person must perform daily, such as walking, cooking, dressing, bathing, etc.
- **Adult Day Care**—Non-residential day program that offers a safe and stimulating environment, includes social and medical models.
- **Assisted living**—Long term care facility designed for individuals who cannot function independently in their own homes but don't require skilled nursing.
- **Companion**—a volunteer or paid non-medical attendant that supervises safety, provides friendship, assists with meal preparation, light housekeeping and incidental transportation.
- **Discharge planner**— Hospital staff who works with the hospital patient and their family, or whoever is acting on their behalf, to prepare and make arrangements for care upon leaving the hospital.
- **Durable Medical Equipment**—Any medical equipment used in the home to aid in better quality of life, including such things as wheelchairs and hospital beds.
- **EISEP** (Expanded In-home Services for the Elderly)—EISEP assists elders who need help with activities of daily living (e.g., dressing, bathing, personal care) and instrumental activities of daily living (e.g., shopping, cooking), who want to remain at home and are not eligible for Medicaid.
- **Faith Community Nursing**—Registered nurse working within a faith community to provide spiritual and medical presence throughout life's many changes and needs.

Agency contact information (con't.)

Peregrine Senior Living www.peregrineseniorliving.com	518-456-4500
Rensselaer County Dep't for the Aging www.rensco.com/departments/departments-of-aging/	518-270-2730
Senior Services of Albany www.seniorservicesofalbany.com	518-465-3322
Shevy Law Firm Www.shevyllaw.com	518-456-6705
St. Peter's Hospital—CHOICES Program www.sphcs.org/eldercareconsultingchoices	518-525-6803
Summit Senior Life www.summitseniorlife.com	518-588-1394

Tools

1. Advocacy, Education and/or Support Services
2. Alternative Therapies
3. Alzheimer's Resource Agencies
4. Day Programs/Day Services
5. Durable Medical Equipment
6. Geriatric Care Management
7. Home Repair and Relocation Organization
8. Homecare Agencies
9. Legal Services
10. Prescription Assistance
11. Respite Services
12. Respite—Caregiver Grants
13. Safety
14. Senior Housing
15. Skilled Nursing
16. Town and County Agencies
17. Transportation
18. Glossary



15. Skilled Nursing

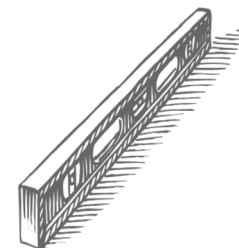
- Eddy Senior Living
- Interim HealthCare
- Kingsway Senior Residential Community
- Eddy VNR Home Care

16. Town & County Agencies

- Albany County Dep't of Social Services — NY Connects
- Rensselaer County Dep't for the Aging

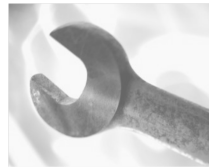
17. Transportation

- Eddy Alzheimer's Services
- Northeastern Association for the Blind at Albany
- Rensselaer County Dep't for the Aging
- Senior Services of Albany



13. Safety

- ClearCaptions: Caption Telephone Service
- Daughter-for-Hire
- Eddy Health Alert
- Equinox
- Northeastern Association of the Blind at Albany
- Organize Senior Moves
- Rensselaer County Dep't for the Aging



14. Senior Housing

- Choice Connections Senior Housing Advisory Service
- Eddy Senior Living
- Kingsway Senior Residential Community
- Ludders Home
- Loudonville Assisted Living
- Peregrine Senior Living
- Summit Senior Care



1. Advocacy, Education and/or Support Services

- Albany County Dep't of Soc. Svcs.— NY Connects
- Albany Guardian Society
- Alzheimer's Association NENY
- Catholic Charities Senior and Caregiver Support Services
- Choice Connections Senior Housing Advisory
- ClearCaptions: Caption Telephone Provider
- Community Hospice
- Consumer Directed Choices
- Daughter-For-Hire
- Eddy Alzheimer's Services
- Eddy Health Alert
- EPIC—NYS Prescription Drug Program
- Equinox
- EverCare Home Advisors
- Lending Hands and Hearts
- New England Nanny
- Northeastern Association of the Blind
- NY Statewide Senior Action Council
- NYSARC Trust Services
- Rensselaer County Dep't for the Aging
- Senior Services of Albany
- Shevy Law Firm



2. Alternative Therapies

- Healing Touch—Connie Barber, HTP
- Healing Touch—Mary Gillespie-Yalaju



3. Alzheimer's Resource Agencies

- Alzheimer's Association of NENY
- Catholic Charities Senior and Caregiver Support Services
- Center of Excellence for Alzheimer's Disease at Albany Medical Center
- Community Hospice
- Eddy Alzheimer's Services
- Eddy DayBreak Adult Day Services
- Interim HealthCare
- Kingsway Senior Residential Community
- Loudonville Assisted Living
- Peregrine Landing at Colonie—Memory Care
- Rensselaer County Dep't for the Aging



11. Respite

- Catholic Charities Senior and Caregiver Support Services
- Choice Connections Senior Housing Advisory Services
- Consumer Directed Choices
- Daughter For Hire
- Eddy Alzheimer's Services-Volunteer Care Team
- Eddy DayBreak Ault Day Services
- Equinox
- Interim HealthCare
- Ludders Home
- New England Nanny
- Organize Senior Moves
- Rensselaer County Dep't for the Aging
- Senior Services of Albany

12. Respite— Caregiver Grants

- Catholic Charities Senior and Caregiver Support Services
- Consumer Directed Choices
- Eddy Alzheimer's Services
- Senior Services of Albany
- Rensselaer County Dep't for the Aging



8. Homecare Agencies

- At Home for Life Residential Assessments
- Consumer Directed Choices
- Eddy Visiting Nurse Association
- Helping Hands at Home
- Interim HealthCare
- Rensselaer County Dep't for the Aging



9. Legal Services

- EverCare Home Advisors
- Herzog Law Firm
- NYSARC Trust Services
- Rensselaer County Dep't for the Aging
- Shevy Law Firm



10. Prescription Assistance

- EPIC NYS Prescription Drug Assistance Program

4. Day Programs

- Albany County Dep't of Soc. Svcs.-NY Connects
- Eddy DayBreak Adult Day Services
- Senior Services of Albany—Newgate

5. Durable Medical Equipment

- ClearCaptions: Caption Telephone Services
- Eddy Health Alert
- Northeastern Association of the Blind at Albany

6. Geriatric Care Management

- Alzheimer's Association NENY
- Center of Excellence for Alzheimer's Disease at Albany Medical Center
- EverCare Home Advisors
- St. Peter's Hospital—CHOICES Program



7. Home Repair and Relocation Organization

- Organize Senior Moves
- Rensselaer County Dep't for the Aging